

Volleyball LESSON 3

Yr 6

Learning Intention: How can you set the ball?

I can set the ball to my partner with some control

I can set the ball to my partner with control

I can set the ball in a game with control

EQUIPMENT:

Soft touch volleyballs
Cones/spots x 60
Activity 3 use any ball

Yr 5 Key words: Footwork, Tactics, Reactions, Dig, Outwit, Defensive, Set, Attacking.

Yr 6 Key words: Anticipate, Strike, Ball Placement, Trajectory, Receiver, Rotate, Baseline.

WARM Up: Volley and Digs

Volleys and Digs (Domes and Dishes) - Divide class into two groups:

Half are Volleys-half are Digs. Each have a cone marker which they place within the area.

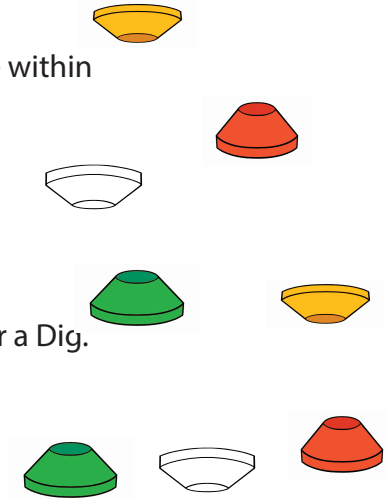
The Digs team are to place their cone upside down

Volleys team place the cones the right way up.

On the word go players turn the cone markers to their way i.e. a Volley or a Dig.

On FREEZE- everyone is to stop.

Teacher to count how many are now Volleys and how many Digs



Activity 1: Throw, Catch, Set.

Recap of prior learning- what did we learn last lesson?
The volley- What was Head, Shoulders, Knees and toes volley position- can you show me?

Today we are going to learn/recap how to set the ball:
Setting or a volley is a very important attacking skill in the game of volley ball

Set position:

Head- Place hands in front of forehead



Shoulders – Face shoulders in the direction you want the ball to go

Knees – bent

Toes -right foot forward

Linking Learning: When you **set** somebody else up in football, what does this mean? It means you position the ball in an area in which it is easier for them to score a possible goal. This is the same in volleyball, you put the ball into an area in which they can strike the ball and win the point

1. Bounce, catch and freeze in set position.
 - Bounce the ball and catch it above their head freeze in set position
 - Move their feet to get under the ball and into position



Children to be mini coaches – and make sure their partner catches the ball in the correct position

2. Bounce, catch at forehead, set- push ball away.



3. Bounce, Set, Superman – bounce, and set the ball up into the air



ACTIVITY 2:

Children in pairs complete the following;

Throw, catch, set:

1. Child A **throws underarm** (2 hands) aiming above child B's head.

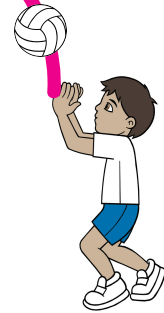
Child B catches and then **sets** the ball back to partner A.

Complete 5 times and then swap.

Linking learning: remember the self-feed volley, this is the same action. Remember the **trajectory** of the rainbow shape!



**Child A
Throw**



**Child B
Catch and sets**

Throw and set:

2. Partner A throws underarm (2 hands) aiming above partner B's head

Partner B sets the ball back to partner A.

Complete 5 times and then swap



**Child A
Throw**



**Child B
Sets**

Q& A: What position should the receiver be in? Ready position. Remember move your feet quickly to get to the ball to set it back to your partner.

Important when throwing the ball to the setter ensure you use two hands- the ball must go above your partners head

Challenge- Throw and set:

3. Can the partners complete this activity for 1 minute without dropping the ball? If so, count how many catches they completed.



**Child A
Throw**



**Child B
Sets**

Make it easier: Throw, catch, set

Set position:

Head- Place hands in front of forehead (hands in diamond shape)

Shoulders – Face shoulders in the direction you want the ball to go

Knees – bent and feet balanced

Toes -right foot forward, left foot back

Set- Push the ball upwards with finger tips

ACTIVITY 3: Adapted volleyball game 2v2

1. Child A (on Team 1) starts the game – underarm throw – to anyone of the opposite side of the court (Team 2)
2. Child C (on Team 2) catches the ball in any way (this person is called the **receiver**)
3. Child C passes the ball to their partner Child D (2 hands underarm- above their head)
4. Child D catches the ball and sets the ball (with a self self-feed) back to child C (the **receiver**) who throws/volleys it over the net
5. Now the ball back with Team 1: Child A and B- have to have 3 touches on the ball e.g.
Touch 1 - catch and underarm throw to partner
Touch 2 – catch and **set** ball back to the receiver
Touch 3 – catch and plays the ball over the net then play continues until point is won...

Rules:

- there must be 3 touches on the ball before it goes back over the net
- 3 serves in a row for any player

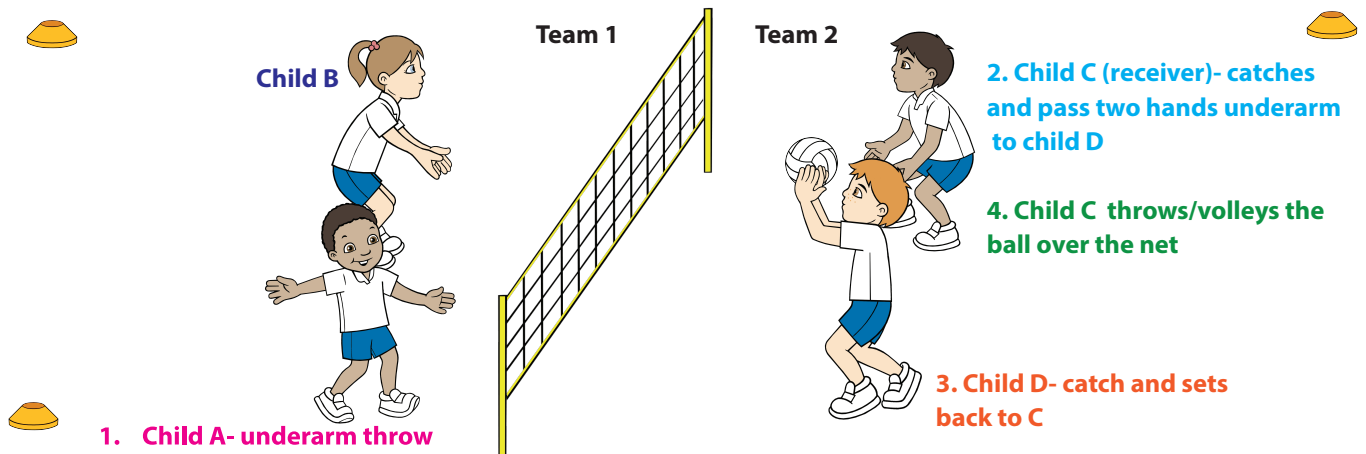
Your team win a point if:

- The ball touches the floor on the oppositions court - including the lines this is "in"
- A team plays the ball more than three times on their side of the court
- A player plays the ball twice in a row
- A team plays the wrong shot e.g. serve should be underarm throw
- A player doesn't pass the ball over the net with two hands

The opposition wins a points if:

- The ball contacts the floor outside the court markings or hits an object e.g the post this is "out"

Make it harder: no catches instead add digs and volleys to the game.



COOL DOWN

Repeat the warm up – slower paced.

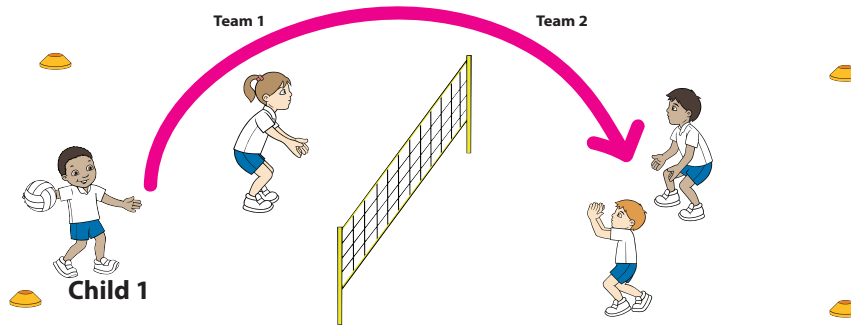
PLENARY

When would you use a set in volleyball?

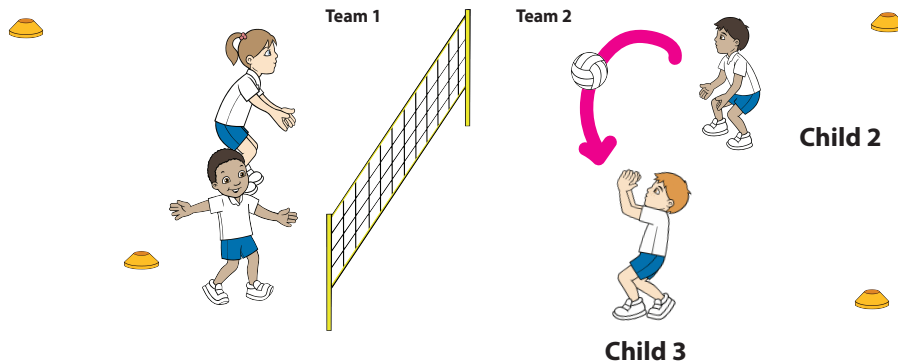
RESOURCE CARD - Volley 2's Catch Game:

a) Child 1 serves throwing underarm (from the **baseline**)

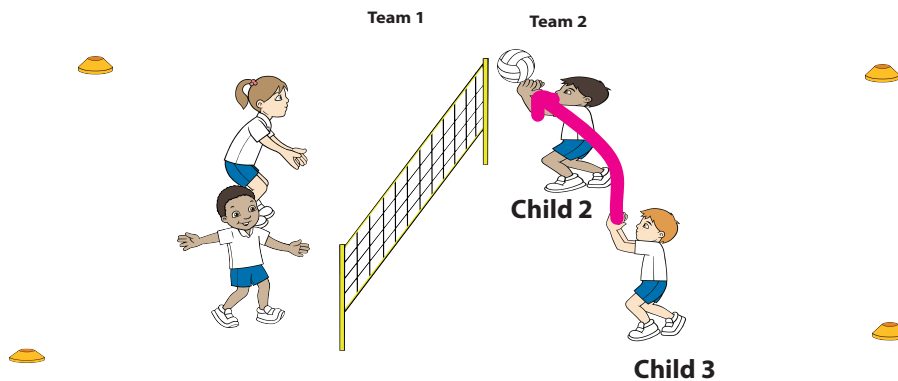
Number of contacts
In Volley2s teams
have to play the
ball three times
on their side of
the court.



b. Child 2 catches and underarm throws the ball to Child 3



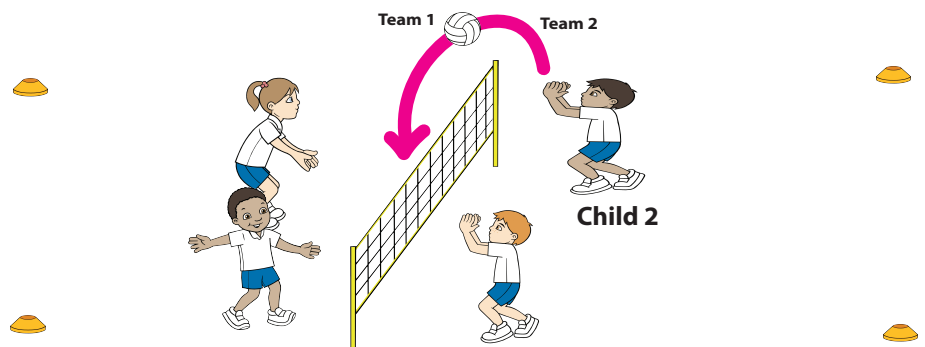
c. Child 3 catches the ball throws back to Child 2



d. Child 2 catches and uses an **attacking** shot over the net to try and win a point

Q&A: What is ball placement and why is it so important?

This is placing shots into open spaces on the court or playing area, away from the opponents so that they are unable to return it.



e. Team 1 now has to play the ball 3 times before it goes back over the net- continue play
Children to **rotate** around each position.